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THURSDAY, AUGUST 1, 2013

Happy birthday
Molly Rogers hits century mark
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Jumping ship
Wainfleet staffers leave township
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Shutterbugs
Donated cameras put to good use
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Open for tours
Lighthouses now open
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BIKE TOUR: Larry Peyton rides to find a cure for MS

Ride for research

SARAH FERGUSON
InPort News Staff

PORT COLBORNE — When Larry Peyton finds his muscles are aching while he rides in the Rona MS Bike Tour he takes a short break and then continues on.

He's been riding in the tour, a 75-kilometre ride, for eight years and this year marks his ninth year participating in the fundraising ride. Peyton, who celebrated his 79th birthday Saturday, continues to ride his bike for his son, Jeff, who was diagnosed with multiple sclerosis in 2006.

Each year Peyton raises pledges which are donated toward research to find a cure for MS, a disease which affects a person's nervous system.

To date he has raised more than \$20,000 for MS research. Peyton's friend, 26-year-old Ashley Kennedy, who has a friend who was recently diagnosed with MS, will ride alongside him this year. He said he'll appreciate the companionship on the ride, set to take Sunday, Aug. 25, isn't always an easy journey to make.

One year I was three kilometres from the finish

line and I got a cramp in my leg which made it difficult. I wasn't drinking enough fluids." But Peyton said he stopped to rest and drink some water before he pedalled on and made his way to the finish line. "You don't look at it as being tough because everyone is doing it at their own pace."

see **BIKE** | page 2

SARAH FERGUSON Staff Photo
Larry Peyton will ride in the Rona MS Bike tour to raise funds to help find a cure for Multiple Sclerosis.



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■ **BIRTHDAY:** Pelham resident Molly Rogers turns 100

'Nana' celebrating a century of life

SARAH FERGUSON
InPort News Staff

PELHAM — Hilda Rogers, or Molly as she is known by close friends and family, could be seen tapping her toes and enjoying her great-great children sing on her birthday.

The Shorthills Villa resident didn't just celebrate her birthday Saturday afternoon, she celebrated a century of life with family and friends.

"I'll always remember as child, Nana coming to our house in St. Catharines. She'd bring her pressure cooker to make my dad his favourite meal and she'd bring our Carolina cookies," said Roger's granddaughter, Jayne Hehr.

Hehr, who travelled from British Columbia for the celebration, describes her grandmother as "a sweet woman" who has a passion for cooking, gardening and knitting.

"It means everything to me (to be here today). I only get to see her once a year."

Granddaughter Tracey Lazareth said family came from many miles to help celebrate the major milestone in Rogers' life.

The celebrations included memorabilia such as hand-knitted socks, shirts and dolls made by Rogers and news clippings and old photographs, songs and story-telling.

Lazareth said her grandmother is still the same fun, loving and happy-go-lucky person she remembers as a child.

"My grandmother likes to play bingo, cards and she loves to sing," Lazareth



SARAH FERGUSON Staff Photo
Hilda (Molly) Rogers, centre, celebrated her 100th birthday Saturday at Shorthills Villa in Pelham with her daughters Shirley Lazareth, left, and Margaret Reed.

said.

Until recently Rogers attended church up the road from Shorthills Villa.

"She's very social, she has a good sense of

humour and she has a positive attitude about life."

Rogers, who was born on July 27, 1913 in London, England, immigrated to

Canada in 1919 with her family just after the First World War.

She met her husband John when she was 16 and married him two years later

and raised their family in Port Colborne.

Sixty-six years of marriage brought Rogers two daughters, Shirley Lazareth and Margaret

Reed, as well as six grandchildren and seven great grandchildren.

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■ BIKE

Rider feels sense of accomplishment by finishing

FROM PAGE 1

When he finally does pedal across the finish line, Rider feels proud of what he accomplished in honour of his son.

"It's the feeling of knowing you've accomplished something."

The ride which starts at Crystal Ridge Arena in Ridgeway and then heads to the Niagara Parkway

up to Chippawa. From there, the ride heads back through Stevensville and back to the starting point.

There is a 40-kilometre walk for people who

don't want to do the longer route but he isn't sure whether he'll do the shorter trek.

People wishing to make pledges online can go to www.msbketoours.com.

They can show their support for Larry Peyton by searching his name after hitting the red pledge button.

Peyton will also be at the Maker's Market at the

Guild Hall every Friday morning collecting donations until next month's ride.

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■ HEALTH

Joining Niagara Health System board a way for pharmacist to give back

SARAH FERGUSON
InPort News Staff

PORT COLBORNE — Larry Boggio has spent more than 30 years practising as a community pharmacist.

He is a graduate of the University of Toronto's Pharmacy program and has expanded his business, Boggio's Pharmacy Ltd., from one to four stores in Port Colborne, Fonthill, Niagara Falls and Ridgeway.

The Port Colborne resident was recently appointed to the Niagara Health System (NHS) board of trustees.

His volunteer governance experience includes being a past president of the Ontario College of Pharmacists, he is an elected district member of the College of Pharmacists' Council, a board Member of Bridges Community Health Centre and a board member and past chairman of Port Colborne Community Living.

The Tribune asked Boggio a few questions about his new position and what he hopes to achieve for the health region's future of health care.

Q: Why did you want to become a pharmacist?

A: When I was young and in high school, I worked as a stock boy. I washed windows, ripped up garbage and put it away, I swept sidewalks, and I did that all the way through high school and thought it was something I wanted to do. I worked my way up and opened my own business.

Q: You have lived your whole life in Port Colborne, what makes the Niagara region so special?

A: I've been all over the world and different countries and there's no place like home. I feel it's safe, people-friendly. You

grow up here, you feel very comfortable.

The Niagara region has a lot to offer like its beaches. You can walk down the street and say 'Hi' to everyone. It has a small hometown atmosphere.

Q: How did you become involved with the NHS board of trustees?

A: There was an opportunity, somebody asked me if I would be interested. I just can't say no.

Q: What do you think you bring to the board?

A: Obviously, I have a medical background and a business background. My skills, common sense, logic, a business point of view, are all important. Hospitals are a business right now, I think I've done OK with the businesses I have, and I think I can contribute to what's going on now.

Q: How do you find the time to run your own business and be part of a variety of committees?

A: That's the question. I ask myself that all the time. A little bit of juggling.

Q: Why did you want to be part of the board? What motivates you?

A: I wanted to give back to the community. I kind of look at it, we've been rather fortunate. Being involved is a way to give back.

Q: Do you support the recommendation to build the new south Niagara hospital in Niagara Falls?

A: I've just been put on to the board. A lot of things need to be looked at, including the cost of renovating a hospital or building a new one. Those are all things that have not been shown to me. I don't know. I have to see what comes out of it. We have to see what falls out. Is there money to even do any of it? Health-care dollars have become very tight.



Submitted Photo

Port Colborne resident Larry Boggio has been appointed to Niagara Health System's board of directors.

Q: Considering the geography of the region, is one south Niagara hospital sufficient?

A: Who knows? That's another thing I am going to have to figure out. We as a board need to look at usage (of the hospitals in Niagara), of which I haven't a clue yet. I don't know what the statistics or what the numbers show. Hopefully, my business sense will help me be able to answer those questions.

Q: Do you think it would make more sense to retain the existing hospital site in Welland and build a new hospital for Niagara Falls?

A: That's what we have

now with limited hospitals in Port Colborne and Port Erie. I need to see what the true things are and there's a lot of things people think. Who knows. I haven't got an idea yet but I will soon.

Q: Do you think it will be difficult to be a part of this board knowing health care is a hot-button issue for many people?

A: I guess everybody's got an opinion on where it should be and how many. As a board member you have to hear all of those things and make a decision on what makes the most sense. My experience as a pharmacist, maybe that will help me make a good decision on what should be happen.

Q: Are you nervous about your new role?

A: The question has crossed my mind about what I am doing. It is most certainly going to be a challenge.

Q: What do you think of your fellow trustees?

A: I think it's a good mix of people from different areas of Niagara. I think everybody's mind is in the right spot. Working in the last six meetings or so I get a good feeling. With everything that seems to be a lot of distrust in the hospital board from years ago, I think maybe a whole new fresh start might be a good way to look at it. We're all clean slates.

Q: What would you like

the public to know about yourself?

A: I'd like to think I'm honest, and I've got the idea of trying to help somebody and trying to help people. I hope my mind is in the right spot. I have every intention of doing my best. Whatever that is, I hope that's enough. My only intention is to make sure it works and it works effectively to have a hospital people feel is very comfortable and safe. I'm proud to say 'Hey, we have a great hospital system in south Niagara.' That would be the goal. I just hope I can do a job people can be proud of. I will try.

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INPORT NEWS

Published by InPort News
Osprey Media Publishing Inc.
228 East Main Street, Welland, Ontario, L3B 5P5
Tel: 905-732-2411 Fax: 905-732-3660
inport@wellandtribune.ca
John Tobon, publisher, general manager
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The quest to create a memorial to the 126 men who died during construction of the Welland Canal has reached a critical juncture.

If the memorial is to be built, the St. Catharines city hall task force spearheading the project requires a not-for-profit organization to become an active part of the process in order to access federal assistance from the Legacy Fund of Heritage Canada.

The Legacy Fund will provide money for up to half of selected historical projects but it requires the involvement of a not-for-profit organization.

The group, led by St. Catharines Mayor Brian McMillan, is in the process of compiling a list of possible not-for-profit organizations and the list will be discussed at its next meeting.

Since the task force was formed in late May following a series of articles by QMI Agency Niagara on the deaths of the men who died building the canal between 1914 and 1932, things have progressed rapidly. But there is still lots of work to do in a short amount of time.

The Legacy Fund rules require submissions to be completed by significant historical anniversaries. In this case, it's the 100th anniversary of the first death during canal construction — that of George William Robinson, who was crushed by a train July 23, 1914.

The application for funding has to be completed by that date next year.

The task force has already decided the memorial will be built within the city limits of St. Catharines, somewhere between Lock 1 and Lock 7, and it would be fitting that a St. Catharines not-for-profit group comes on board and bring to fruition a long ago promise by the federal government to build the memorial.

A QMI Agency Niagara petition to build the memorial gathered 1,957 names. Among them there must surely be members of a not-for-profit group looking to tackle a worthy local task. Without a doubt, there are countless projects spearheaded by not-for-profit groups that address current issues or try to fill the modern-day needs of our society. These projects are worthy and deserve our support, but every once in a while an issue comes along that behoves society to look back and rectify a historical wrong.

Given the significance of the Welland Canal in Niagara's past and present, the memorial would be a long-delayed thank you to those who gave their lives in its construction. All that's required is a partner to step up.

■ TIP: Don't set your dog on fire

How not to remove a tick from a dog



WILLIAM THOMAS

HUMOUR

Worst summer ever for ticks. Every time I walk the nearby trail, I get home with at least one or two on me. Getting a tick off you or your pet quickly and efficiently before they engorge in blood and create infection is crucial. The correct maneuver is to use fine-tipped tweezers to first grasp the tick by the head close to the skin and steadily pull upward without jerking or twisting. No tweezers, then use a plastic glove or a tissue to steadily pull the tick away from the skin so that all the parts come out of the skin.

Although every doctor or vet will confirm that this is the best method, everyone seems to have an opinion on tick removal. From lit cigarettes to globs of petroleum jelly, from safety pins to beer caps — there are a lot of bad ideas out there.

None however are as bad as the method used by Berni and Shirley on their big, friendly yellow lab Monroe. As it turned out their method of removal was similar to the napalm-belled, scorched-earth technique used by the U.S. Army in the Vietnam War.

True dog lovers and frequent pet rescuers, Berni and Shirley panicked when Monroe walked into the house with an inflamed red knot on her neck. At the centre of this little ball of blood was a large evil tick. "Don't rip it off!" one of them said. "That's the worst thing you can do."

Although Monroe seemed calm enough, the "parents" freaked. Out the door and onto the back lawn with the dog, they started shouting out whatever tick removal remedies came to mind.

"Alcohol!" screamed Shirley.

"At this point Berni was thinking he could really use a good stiff drink but there was still this damn tick to deal with."

"Alcohol! I'm pretty sure I read it somewhere!" yelled



A wood tick.

Shirley. Berni was skeptical but Shirley being a nurse and already coming out of the house with a bottle of rubbing alcohol, he was willing to give it a try.

Impatient and watching his wife dab the infamous knot on the neck of the beloved pet, Berni took the bottle of alcohol and essentially emptied it on the side of the dog's neck. Nothing. The blood-sucking tick refused to budge.

"Heat!" yelled Berni.

"Yeah, like I'll heated up a piece of steel with a torch and then ..."

Not time for that, Shirley ran for the house and was back in seconds with a box of matches. Berni instructed her to first light it, then blow it out and finally sap the tick with the still-hot head of the match.

And that's exactly what Shirley did as Berni clutched the dog hard to his chest. But in the alcohol-enriched atmosphere around Monroe's head, well ...

"The match kinda refueled," remembered Berni. "I mean it went out and then it lit again and ..."

"POOF!FFFFFFFFFF!"

For a split second both Berni and his dog's head were encased in a bluish, yellowish ball of flame.

Warning — of all the erroneous remedies for the safe removal of a tick, setting you and your dog on fire in the backyard is probably the worst. Even the guy who suggested using a beer cap wouldn't try this trick even after emptying a "Two Four" all by himself.

"Time seemed to stand still," said Berni as he found himself slapping his beloved Monroe on her head and face in order to put out the flames.

The dog, not quite grasping the concept of first-responder procedure tried to make a run for it which caused terror-stricken Berni to body slam her to the ground in order to continue to beat out the fire.

Finally, with the blue and yellow flame extinguished, the smell of burnt fur and singed hair swirled around the backyard. Speechless, Shirley wasn't sure she saw what she saw, believing instead her mind had screened one of those old silent slapstick movies starring Buster Keaton and a stuffed animal.

"You know it seemed like a lifetime but really it was all over in a few seconds," recalls Berni.

And they all sat there on the lawn for a moment of reflection — the wife with

hands covering her face, the husband with no hair on his arms and two white arches where his eyebrows used to be and the dog with charred fur and no whiskers to speak of. And Monroe had that look on her face like "what the F*! were you two thinking!"

After things calmed down and no sirens were heard in the distance, they all relaxed and Monroe did what she always does when she thinks she's done something wrong. She trotted over to each of them and licked their faces. Berni thinks it was an act of love but then again she may have been trying to cool off his second-degree facial burns. The whole episode lasted only a few minutes so you can just imagine what it would be like spending a Weekend At Bernie's.

Oh and after all that — Berni ripped the tick off the dog's neck with his finger nails. Again, not a recommended technique but way more safer than the self-modification method. Everybody lived and Berni is confident that any day now, Shirley will begin speaking again.

Dogs — they make us crazy and they make us better people.

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QMI Agency

■ CANAL DAYS: Iconic Canadian band to rock Port Colborne

This Tea Party isn't for Grandma

SARAH FERGUSON
inPort News Staff

PORT COLBORNE — Canal Days is going to make you rock hard, groove with the blues and tap your toes to Celtic favourites.

Music lovers attending the four-day marine heritage festival will get the party started at the market square concert stage Friday with TimeGiant and Bleaker Ridge opening for The Tea Party.

"The Tea Party has been around for years. As a kid growing up, it was a band I looked up to," said TimeGiant drummer Charlie McKittrick. "They're a legendary Canadian rock outfit."

McKittrick said he looks forward to his band's Canal Days gig.

"We're really looking forward to getting out in front of so many people we haven't had a chance to connect with before."

TimeGiant is a Toronto-based band that's been together for seven years.

The four-piece band also includes guitarist and vocalist Tyrone Buccione, lead guitarist Ryan Watson and bass player and vocalist Patrick Wilkin.

"The best way I can describe our sound is the way people describe it to us — classic rock."

THE LINEUP

Friday, Aug. 2

The Tea Party with Bleaker Ridge and TimeGiant, 7 p.m.

Saturday, Aug. 3

April Wine with Downchild Blues Band and Rich and the Poor Boys, 7 p.m.

Sunday, Aug. 4

Canal Days Celtic Ceilidh featuring the Liam McGlashan Kitchen Party Band, Tara Murphy Trio, Caroline Keane and Tom Delaney and the Seascis Sailors, noon.

Monday, Aug. 5

The Caverners with Sister Act, noon.

TimeGiants' influences include Boston, Rush, Led Zeppelin, Toto and Queen.

Gates for Friday's show open at 7 p.m.

TimeGiant will take the stage at 8 p.m.

All concerts at the market square during Canal Days are open to all ages and free to the public.

sarah.ferguson@sunmedia.ca

Twitter: s_ferguson25



TimeGiant members Charlie McKittrick, Tyrone Buccione, Ryan Watson and Patrick Wilkin will perform at Canal Days Friday.

Supplied photo

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■ COUNCIL BRIEFS

Residents oppose West Side Rd. rezoning

Several Port Colborne residents attended a special public hearing Monday night to express opposition to rezoning at 250 West Side Rd., near Franklin Ave., to allow for a six-unit, two-storey townhouse, five two-storey

semi-detached homes and four two-storey single-detached homes.

It is proposed by applicants Nunzio and Lucia Pinelli.

Residents raised concerns over the potential of increased traffic, change

to the character of the neighbourhood, lowering of property values, and the servicing and maintenance of the proposed privately-owned roadway that would lead to the development. The issue is expected to be brought

forward to council for discussion at a future date.

HEIL HAILED

The lakeside city's chief administrative officer has been

honoured for his contributions to municipal government.

Bob Heil was recently recognized by the Canadian Association of Municipal Administrators for 25 years of service at the municipal level.

Mayor Vance Badaway praised Heil at Monday night's council meeting, thanking him for his efforts over the years.

ROSELAWN FOR RENT

Step by step Roselawn Centre is readying to blossom once again.

A memorandum was brought forward to city council Monday night outlining the rental rates and user fees for the arts and culture facility that was close to closure late last year.

Since that time, and with the assistance of community group Friends of Roselawn, the facility has again found its stride. Usage of the historic building is up about 70% this year.

Ward 4 Coun. Ron Bodner, who has championed the cause as part of Friends of Roselawn, said he's spoken with Port Colborne High School principal Nigel Evans about the proposed rates.

"He thinks it's fair," Bodner said, hopeful that means the high school, among other area groups, will begin using the facility for a variety of activities.

In The NEWS

Like a Good Neighbour.....State Farm is There



PICTURED: MARK GUILBEAULT, PORT COLBORNE'S STATE FARM INSURANCE AGENT AND NATALIE PALMA, 2013 STATE FARM INSURANCE DANCE SPONSORSHIP RECIPIENT.

Natalie Palma, daughter of Tony and Beth Palma, loves to dance and was excited to learn she will start her dance classes in September with a Sponsorship from Mark Guilbeault, State Farm Insurance. She paid him a visit today at his Port Colborne office to thank him for his support.

Mark Guilbeault recognizes the positive contributions the study of dance will make to a child's life and, in keeping with his business mantra "Like a Good Neighbour...State Farm is There", he has been generously providing this Dance Sponsorship to a Dance Expressions' student every year since 2009.

The Mark Guilbeault State Farm Insurance Dance Sponsorship is provided in recognition of a grade eight graduate who has demonstrated Academic Excellence, proven to be a Good Neighbour and plans to continue their dance training with Dance Expressions when they enter high school.



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■ **CANAL DAYS:** Attempt will be made to break Guinness World Record

You're needed for a water pistol fight

DAVE JOHNSON
inPort News Staff

PORT COLBORNE — Lisa Green wants to see 4,000 people get soaking wet during Canal Days.

Green isn't hoping for rain, rather she's hoping to break a Guinness World Record for the largest water pistol fight.

"The record is 3,804 people and we're hoping for way more than that," said Green.

She said the event is also a fundraiser for Port Cares Reach Out Food Centre, adding entry to the water pistol fight is a non-perishable food item.

"The food centre is really low on items right now."

Green, who formed Helping Green ELPS (Ever Loving Family Support), a group that helps people and families in the region, said the idea for the water pistol fight came to her in the wee morning hours.

"I told my husband and he said he thought it could work."

From there, Green took the idea to the Canal Days committee whose members were behind it and "excited about it."

The water pistol fight — and Green is encouraging water pistols only, not super soakers — will be held at H.H. Knoll Lakeview Park on Friday, Aug. 2. Registration is at 6 p.m. and the water pistol fight starts at 7:30 p.m. and will last for at least 10 minutes to break the record.

Volunteers are needed to help out from 5:30 p.m. to 8:30 p.m.

"The more volunteers, the merrier," said Green.

To volunteer for the event, or for more information, contact Green at 905-834-9345 or Jen Kenny at 289-836-9507. Information can also be found at <http://helpinggreeneels.webs.com/> or www.facebook.com/events/490527711020531/?fref=ts.



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THURSDAY AUGUST 1

IRON CHEF: BENTO BOX
You have one hour to be declared Iron Chef: Bento Box. Make the most creative bento box at Welland Public Library using the secret ingredient (to be revealed during the event). This program is for kids aged 11 to 16 and runs 2:30-3:30 p.m. Cost \$2. For more information, call the library at 905-734-6210, visit the information desk or visit www.welland.library.on.ca.

SATURDAY AUGUST 3

PORT COLBORNE LEGION
Full breakfast, 8-11 a.m., Sunday

and Monday, \$5. Beef on a bun, fries, cold beverages, noon-6 p.m. Entertainment 2-6 p.m.

SUNDAY AUGUST 4

BALL'S FALLS HIKES
Ball's Falls volunteers will be providing half-hour guided hikes to the upper falls from the centre for conservation at Ball's Falls Conservation Area at 10 a.m. and 2 p.m. Regular admission fee applies. For more information visit ballsfalls.ca or call 905-562-5235.

MONDAY AUGUST 5

NIAGARA BEEKEEPERS
Association meets at the Niagara Regional Police Service community room, 5 Lincoln St., Welland, at 7 p.m.

TUESDAY AUGUST 6

GEOCACHING 101
Real-world outdoor treasure hunt.

There are more than two million geocaches worldwide which can be found using a smartphone or GPS. Facilitator Judy Minor will get us started in this environmentally-friendly outdoor recreational activity for all ages. Explore the area around the library as we search for Pelham Public Library's first cache along with some "take" caches; 6 p.m. to 8 p.m. Adults \$3, children and teens \$1. Please register ahead.

WIN
Widows Information Network meets 7-9 p.m. (doors open at 6:30) in the cafe at Faith Welland (Fitch St. and South Pelham Rd.). Shake It Up — the value of nutritional drinks and the top health issues of women will be presented by Diana Esposito of SANO. No charge.

MORE LISTINGS PAGE 9



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Lynn Leblanc



"I'm now 25lbs lighter and only 5lbs away from my new goal of being down 30lbs by August 8th, 4 months after my weight loss journey began. I haven't been this happy with my body, and myself, in many years and I have Gies, Matt and the Fit for Life Challenge to thank for that. I challenge you to join me on this journey, I'm proof that it can work."

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THURSDAY AUGUST 8

PASTA NIGHT
at Casa Dante. Eat in 5 p.m. to 6:30 p.m. Dinner includes all-you-can-eat penne, dinner rolls, salad and four meatballs: \$9 adults, \$5 children. Takeout available from 3:00 p.m. for \$8. Sauce, meatballs, minestrone and pasta fagioli are also available for takeout.

FRIDAY AUGUST 9

LEGO
at Wainfleet Township Public Library from 2:30 p.m. to 3:30 p.m. Children of all ages can drop-in to build a Lego or Duplo creation. Please do not bring your own Lego blocks.

SUNDAY AUGUST 11

OUR LADY OF HUNGARY
is hosting its annual Bucsu Lunch at 12:30 p.m. at the Hungarian Hall, Hellens Ave., Welland. Menu: Chicken soup, cabbage rolls, breaded chicken, roasted potatoes,

lettuce salad, dessert, coffee/tea. For tickets/reservations call: Les Ulfuss at 905-892-6407, Rudy Regis at 905-734-3880 or Frank Biro at 905-732-7336.

BALL'S FALLS HIKES

Niagara Bruce Trail Club will be providing half-hour guided hikes to the upper falls from the centre for conservation at Ball's Falls Conservation Area at 10 a.m. and 2 p.m. Regular admission fee applies. For more information visit ballsfalls.ca or call 905-562-5235.

MONDAY AUGUST 12

ALBUM MAKING
with Amanda and Kelly all week long at Port Colborne Public Library. For kids eight and older. Bring 24 photos and make a beautiful Creative Moments album. Five classes only, \$65, materials supplied, 1 p.m. to 3 p.m. Pre-register and choose colours by July 31.

WEDNESDAY AUGUST 14

EXPLORER TOTS
at Port Colborne Public Library for ages two to four with parent/caregiver. Stories, crafts and games, 10:30 a.m. to 11:15 a.m. Cost

is \$1 per class. Pre-register.

FRIDAY AUGUST 16

LEGO
at Wainfleet Township Public Library from 2:30 p.m. to 3:30 p.m. Children of all ages can drop-in to build a Lego or Duplo creation. Please do not bring your own Lego blocks.

SUNDAY AUGUST 18

BALL'S FALLS HIKES
Ball's Falls volunteers will be providing half-hour guided hikes to the upper falls from the centre for conservation at Ball's Falls Conservation Area at 10 a.m. and 2 p.m. Regular admission fee applies. For more information visit ballsfalls.ca or call 905-562-5235.

Children with impaired eye sight are often unaware of their **VISION PROBLEM**. Call For An Appointment: **905-834-0532**. **OPTOMETRIST AT PORTAL VILLAGE PLAZA 482 Steele St. Port Colborne**

FRIDAY AUGUST 23

37TH WORLD BALL
Presented by Welland Heritage Council and Multicultural Centre at Casa Dante, 34 Lincoln St., 5:30 p.m. Cost: \$22 a person — lasagna

and meatballs, roasted chicken, potatoes, salad, dessert, coffee/tea. Tickets at the door or in advance at 25 East Main St., 905-732-5337. For a list of this year's open house dinners, visit www.welland-heritagecouncil.com.

LEGO
at Wainfleet Township Public Library from 2:30 p.m. to 3:30 p.m. Children of all ages can drop-in to build a Lego or Duplo creation. Please do not bring your own Lego blocks.

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Winner - **Dev Brennan** Port Colborne

Winner - **Nikki Myhill** Port Colborne

Winner - **Shannah Marr** Wainfleet

Winner - **Thelma Keenan** Port Colborne

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Winner - **Ross Bason** Port Colborne

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Winner - **Marie Parker** Port Colborne

The Port Colborne Lions wish to **Gratefully Thank** and acknowledge all the **VOLUNTEERS and SPONSORS** who gave of their resources, time and effort to make Port Colborne Lions Carnival 2013 such a success. In appreciation, a barbecue for the **VOLUNTEERS and SPONSORS** is being held Sept 24 2013 at the Port Colborne Lions hall 49 Chippewa road at 6:30 pm.



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THE BIRTH CONTROL PILL

The birth control pill is one of the most commonly used medications. However, there still remain some misconceptions about the pill.

There are a number of different types of pills. They all contain the same type of estrogen. Newer pills have less estrogen than older pills. Newer pills are effective in preventing pregnancy and they demonstrate reduced symptoms of bloating and breast tenderness. The lower dose pills may be less effective if one pill is missed. If an individual goes for longer than seven days in a pill free interval that is when they are at most risk of pregnancy. This means it is very important to take the last pill and the first pill of a cycle. There are some recommendations that a pill with a higher dose of estrogen should be used in women weighing over 154 pounds for increased effectiveness.

Pills differ in the type of progesterone they contain. Some pills are particularly effective for improving acne. Diane 35 is used to treat moderate to severe acne. Yaz is used for mild to moderate acne. There may be a very small increased risk of forming a clot on these pills, and so pills such as Alesse and Marvelon can be tried first.

Some pills are monophasic, meaning they have constant levels of estrogen and progesterone. Others have changing levels of progesterone. Both types of pills are effective, the only difficulty with a triphasic pill is that it is not ideal to be taken without a pill free interval. If an individual wants to take their pills back to back to avoid a period, they may still get a period with the triphasic pill.

Sometimes women develop migraines on the pill because of a drop in estrogen during the week off the pill, or they want to avoid having a period. In this case it may be worth taking Seasonale. This is a pill you take for three months in a row without a break. This is safe to do and may help with the above mentioned issues.

Patients should be aware that some medications can decrease the effectiveness of the pill. Rifampin, barbiturates, phenytoin and carbamazepine can all decrease effectiveness. Experts say that antibiotics are unlikely to reduce efficacy of the pill.

The pill is a good tool for treating a myriad of issues. It can prevent pregnancy, clear acne, regulate and lighten cycles. There are a number of options when it comes to the type of pill you take to address each of these concerns. Talk to your doctor or pharmacist to determine the right one for you.

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■ **ONE-SHOT CAMPAIGN:** Former Port Colborne photographer teaching youths that they are talented and valued

Donated cameras being used by kids in Iraq and Chile

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — One hundred forty characters changed Erin Wilson's life two years ago.

Wilson was on Twitter and saw a tweet by Heber Vega, a Chilean who had been working and living with his family in northern Iraq for several years as an NGO (non-governmental organization) worker.

"Heber noticed that there weren't many opportunities for kids on the margins that

could help them with long-term goals. Heber is a photographer and had a hunch that teaching photography to kids could benefit them in both the short term and in the long term. He floated the idea over Twitter, where I saw it."

The idea was for kids between the ages of 10 and 17 and was called the One-Shot Project, said Wilson, who lived in Port Colborne at the time.

"I knew I needed to be involved. And thankfully, it turned out that Heber was

right."

Wilson said the project teaches basic photography skills, but it also gives Wilson and Vega the chance to show much more important lessons — that the kids have skills and talents and they're valued.

"At the end of our workshops, our students have made a collection of images that are impressive — regardless of their age — but they have also learned to see the world differently, and to see themselves differently."

The One-Shot Project is



Supplied photo

Erin Wilson with a monk in Ladakh, India.

entirely run by volunteers, with point-and-shoot cameras donated from around the world, and has been run in Chile, as well as northern

Iraq.
"We can always use more cameras. We can use both point-and-shoot (five megapixels or higher) and DSLRs.

We can only take gear in working order, as we have no funds for making repairs."

see CAMERAS | page 13

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CAMERAS

Wilson moving to Iraq

FROM PAGE 12

"It's pretty amazing what can be accomplished with a little funds and a lot of love."

Wilson said while in Chile, from where she returned earlier this summer, she and Vega worked with both boys and girls. But in Kurdistan, the project has only worked with boys.

"We're hoping to change that soon."

Wilson has invested a lot in the project, so much so that she's moving to northern Iraq in mid-August.

"The people are incredibly gracious and generous. I have

fallen in love with the Kurdish people, and want to live with them for a while. It will also make it easier to teach more workshops. It's hard to fit one of your life passions into vacation weeks."

Wilson said she and Vega have many hopes for their students once they've finished a workshop.

"We hope they'll come back and learn with us again; we've had a great time with our return students. We hope they'll hold their heads higher as they go about their days, because they now know that they are so much more than the world has told them."



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ONTARIO ENERGY BOARD NOTICE
TO CUSTOMERS OF ENBRIDGE GAS DISTRIBUTION INC.

Enbridge Gas Distribution Inc. has applied to change its rates.

Learn more. Have your say.

Enbridge has applied to the Ontario Energy Board with a 5-year rate plan. The plan would decrease rates in 2014 and then increase them in 2015 and 2016. The annual bill decrease for an average residential customer is \$3 in 2014 followed by increases of \$12 in 2015 and \$27 in 2016. The bill changes in 2017 and 2018 will be filed with the Board at a later date. The rate plan is proposed to begin on January 1, 2014. Other customers, including businesses, may be affected as well.

THE ONTARIO ENERGY BOARD IS HOLDING A PUBLIC HEARING

The Ontario Energy Board (OEB) will hold a public hearing to consider Enbridge's request. We will question the company on its case for its rate plan. We will also hear arguments from individuals and from groups that represent residential and business customers. At the end of this hearing, the OEB will decide on the rate plan.

The OEB is an independent and impartial public agency. We make decisions that serve the public interest. Our goal is to promote a financially viable and efficient energy sector that provides you with reliable energy services at a reasonable cost.

BE INFORMED AND HAVE YOUR SAY

You have the right to information regarding this application and to be involved in the process. You can:

- Review Enbridge's application on the OEB's website now.
- Sign up to observe the proceeding by receiving OEB documents related to the hearing.
- File a letter with your comments, which will be considered during the hearing.
- Become an active participant (called an intervenor). Apply by August 17, 2013 or the hearing will go ahead without you and you will not receive any further notice of the proceeding.
- At the end of the process, review the OEB's decision and its reasons on our website.

LEARN MORE

These proposed charges relate to Enbridge's distribution services. Our file number for this case is EB-2012-0459. To learn more about this hearing, find instructions on how to file letters or become an intervenor, or to access any document related to this case please enter that file number at the OEB website: www.ontarioenergyboard.ca/notice. You can also phone our Consumer Relations Centre at 1-877-632-2727 with any questions.

ORAL VS. WRITTEN HEARINGS

There are two types of OEB hearings – oral and written. The Board intends to hold an oral hearing on this matter.

PRIVACY

If you write a letter of comment or sign up to observe the hearing, your name and the content of your letter or the documents you file with the OEB will be put on the public record and the OEB website. However, your personal telephone number, home address and email address will be removed. If you are a business, all your information will remain public. If you apply to become an intervenor, all information will be public.

This rate hearing will be held under section 36 of the Ontario Energy Board Act, 1998, S.O. 1998 c.15 (Schedule B).



■ **ADMINISTRATION:** Township 'a stepping stone for people in the municipal sector'

Wainfleet staffers continue to leave

DAVE JOHNSON
InPort News Staff

WAINFLEET — In the past eight months, the Township of Wainfleet has seen the departure of its operations director, clerk, planner and now its drainage superintendent.

Mayor April Jeffs realizes the loss of so many staff in a relatively short time period may look bad in the public's eye, but said all have left of

their own accord, there's been no purge of staff.

"We always say Wainfleet tends to be a starting point, a stepping stone for people in the municipal sector."

Operations manager Greg Wuisman was the first to leave last December, to moved back to the private sector. The township did not replace him, but instead has relied on township CAO Scott Luey and operations manager Fabio Magazzini to



Jeffs

carry out the job, with Magazzini reporting to council.

"We haven't had to use any consultants so far to help us, but that could happen," said Jeffs, adding the township could lean on

regional engineers if needed.

Township clerk Tanya Lamb left her position to take up a job in Welland's fire department, a move that brought her closer to home.

Lamb was not replaced either, and Luey has taken on part of her role as has another township staffer who was promoted to deputy clerk.

Planner Grant Munday left just last month to work for the City of Welland.

"We didn't replace Greg (Wuisman) and realized a lot of savings, but we have replaced Grant."

Jeffs said there may not have been a lot of homes being built in Wainfleet, but Munday was always busy, dealing with such issues as severances and additions to buildings and homes, and dealing with people who needed help on planning issues.

The latest staff loss in the

township is Harold Kelly, the drainage superintendent. Kelly, said Jeffs, was a long-time volunteer firefighter in Wainfleet and moved on to accept a full-time firefighter position in Hamilton.

She said his position was shared with both West Lincoln and Pelham, as was his salary which was also partially subsidized by the province. The mayor said Kelly will be replaced.



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■ **CANAL DAYS:** Guests can fire a cannon from Liana's Ransom, have dinner on Empire

Take a cruise on a tall ship

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — It's about as close to a pirate ship as you can get, and it will make a stop in Port Colborne during the 35th annual Canal Days Marine Heritage Festival.

Liana's Ransom — a Class B tall ship replica of an 18th-century privateer schooner — will offer tours throughout the weekend of the four-day festival.

A privateer was a vessel authorized by a government to attack another nation's ships during a time of war. Privateers would take whatever was aboard an enemy ship and split the goods among the crew, or with investors. The only difference between privateers and pirates, was privateers were authorized by governments to attack enemy vessels.

Liana's Ransom, originally from from Halifax, moved to the warmer waters in the British Virgin Islands, where it now

operates. The gaff-rigged, square topsail schooner is typical of the types of ships that commonly sailed in the 1700s and early 1800s. The vessel, according to a release from the City of Port Colborne, boasts a one-of-a-kind experience for any passenger as it is fully outfitted with authentic features used 300 years ago.

The schooner is armed with four black-powder cannons. Guests can experience activities such as steering the ship, hoisting the sails and firing the cannons as part of a Canal Days cruise. Throughout the long weekend, morning, afternoon and evening cruises are available for \$20.

Empire Sandy — 200 feet long with 11,000 square feet of sail — will again sail into the city as well, and festival attendees will have a number of opportunities to sail on board the vessel. On Friday, Aug. 2, there is a sunset cruise on Lake Erie. Throughout

the weekend, morning and afternoon cruises are available, along with a dinner cruise on Saturday evening and a fireworks cruise on Sunday evening.

Returning to the festival is the historic fireboat *E.M. Coter* from the City of Buffalo and the Canadian Coast Guard research vessel *Limnos*. Both vessels will be available for deck tours.

Advance tickets for both *Empire Sandy* and *Liana's Ransom* are available through the Roselawn Box Office at 905-834-7572. Tickets for the morning and afternoon cruises may be purchased daily at the ticket tent on West St. Tickets for evening cruises are also available during the festival but must be purchased at city hall. Tickets available during the festival are on a first-come, first-served basis.

For more information visit http://portcolborne.ca/page/canal_days.



LINDSAY COSTELLO Tribune Photo

The Empire Sandy was docked along the canal.

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REGISTRATION WILL BE HELD ON THE FOLLOWING DATES AT THE VALE HEALTH AND WELLNESS CENTRE. PLEASE BRING PAYMENT IN FULL BY CASH OR CHEQUE.

WEDNESDAY AUGUST 7 - 6 - 8PM
THURSDAY AUGUST 8 - 6 - 8PM
SATURDAY AUGUST 10 - 9 - 12PM
WEDNESDAY AUGUST 14 - 6 - 8PM
THURSDAY AUGUST 15 - 6 - 8PM

LATE FEE OF \$50 APPLIES EFFECTIVE AUGUST 16, 2013.

35TH ANNUAL



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CANAL DAYS MARINE HERITAGE FESTIVAL PORT COLBORNE AUGUST 2 - AUGUST 5, 2013

ROSELAWN GARDEN SWING

SATURDAY, 11:30am-3:00pm • 250 Fielden Ave

A special "week preview" of The Twilight Jazz Series by the founders of the Series: The Shea D Duo: Peter Shea + Juliet Dunn. Enjoy an afternoon in the gardens at the Roselawn Centre with the sounds of the Toronto All Star Big Band. Bring your lawn chair, enjoy some lunch and a glass of wine or beer. Donations accepted at the gate.

INDOOR CRAFT SHOW

SATURDAY AUGUST 10:00am-5:00pm

A major fundraising effort by the Optivist Club supporting the children of Port Colborne, the indoor craft show showcases more than 60 vendors from across Southern Ontario. FREE Admission Vale Health and Wellness Centre, Elizabeth Street.

CANAL DAYS 5K RUN

SATURDAY, AUGUST 3, 2013

Join us for an exciting race throughout scenic Port Colborne. There will be a 5km run/walk, and a Kids Fun Run. The race starts and finishes at Hill Knoll Park and includes lots of post-race food, music and prizes! All participants are encouraged to take part in the Hawaiian theme, prizes for best costume and more to be given out.

All proceeds to Autism Ontario- Niagara Chapter. Details: Please note: there will be no race day registration this year, you must register in advance online. Visit canaldaysrun.ca for details and to register.

7:00am Participant Sign-in • 8:00am Kids Fun Run • 8:15am Adult Start



CHALLENGE THE CANAL

Whiskey Run Golf Course challenges you to hit a golf ball across the Watford Canal. Hit a golf ball approximately 175 yards to clear the canal and win a Hole-in-one prize. The Old Course 18 hole golf course is to play on the sand greens and win a 18-hole prize \$2.00 for one golf ball \$5.00 for three golf balls.

All money raised goes to the Port Colborne Special Olympics

COLOUR THE SKY
KITE FESTIVAL

SATURDAY AUGUST 3, 2013

Coordinated by the Niagara Windriders Kiteflyers Association. Bring the family to Hill Knoll Park. Saturday to see International Kiteflyers showcase their aerial works of art and skills.

Home of the original "Aquarium in the Sky" featuring colorful, master eye and fishes the size of school buses. With ground displays, sample line, doll line and quad line kites, the field is filled to provide a dazzling display of colour and activity.

At dusk flyers are added to the line and before long you're right for another fun filled element to add to the fun. Bring along your flag and fly.

18:00pm Opening with Windriders Kite Team from Detroit Michigan

2:00pm Great Auction, Auctioneer in the sky

2:30pm Special event

Quail 10:00 pm Night Owl fly

Dependent on weather conditions

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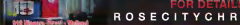
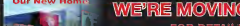
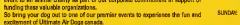
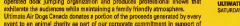
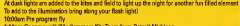
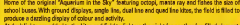
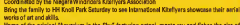
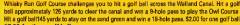
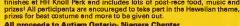
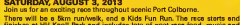
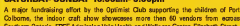
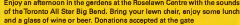
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SUMMER FUN

Family Events and Activities

MIDWAY RIDES AND GAMES

STARTING DAILY AT 10:00am

Located on Princess Street, near the Museum, the Midway offers rides including the Rockplace, the Sizzler, and Oregon Wagon. Younger children will love the rides sized just for them!

CHILDREN'S AREA AT SEAWAY PARK

SATURDAY MONDAY: 11am-6pm

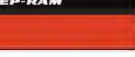
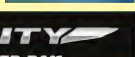
Fun activity filled area for children and toddlers.

Shirley's Balloon Animals 1:00pm-4:00pm

Free face painting from 11:00 am to 2:00pm Saturday, Sunday

and Monday. Free colouring area, inflatables and Infant and Tiny Tot Play Land. The Canal Days Children's Train will provide

free travel from West Street, across bridge 21 to the children's area and back.



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■ **TOURS:** Leaving from Sugarloaf Harbour Marina

Lighthouses open in time for Canal Days

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — There will be a new attraction in the spotlight at next weekend's Canal Days celebration.

Tours of Port Colborne's two lighthouses have been added to the long lineup of festival events and activities.

The tours were the bright idea of Save Our Lighthouses, a local group that has been fight-

ing to see the lakeside city's lighthouses preserved and designated as heritage sites.

The tours will run Aug. 2 to 5 from 11 a.m. to 5 p.m., leaving from Sugarloaf Harbour Marina.

Travelling by boat with a guide on board, participants will learn about local history and hear tales of the waterway as they make their way to the tall-standing landmarks.

They will exit onto the break-

wall and be led on guided tours of both lighthouses.

Visitors will have the option of staying on the breakwall for an extended period of time to picnic or simply sit and enjoy the scenery.

"Come and study the large bird colonies, plus the close passage of massive ships that carry our goods around the world," said Save Our Lighthouses chair Erno Rossi, who hopes to attract a wide

variety of people for the tour.

"Marvel at these two bastions of defense against the wrath of Lake Erie. These two lighthouses saved the lives of countless sailors who braved these sweet-water seas."

Much interest has been expressed in the tours thus far and word continues to spread throughout the community and beyond, Rossi said.

This is the first time in 110 years the lighthouses, which

were decommissioned 33 years ago, have been opened to the public.

"We've got a lot of people who've lived here all their lives and have never been out to the lighthouses," Rossi said, calling the tours the perfect time to experience the city's heritage.

Tickets for the tours, available at the marina during Canal Days, are \$15 each or \$25 for a family of two or more.

Following Canal Days, tours

will be offered by reservation until September 3. Accessible tours that do not require exiting the boat are available upon request for those with disabilities.

In addition to the tours, Save Our Lighthouses also has another project on the go.

The group is looking for sponsors to support artists who will create heritage art on the bare walls, interior and exterior, of the lighthouses.



AUTOMOTIVE TIPS FROM CANADA'S SERVICE LEADER

THIS WEEK'S TIP

TIRE PRESSURE

The most frequent cause of tire failure is under-inflation. Even extreme under-inflation can be difficult to detect by mere visual inspection. Don't depend on it, use a personal tire pressure gauge. Under-inflated or overloaded tires generate high levels of destructive, internal heat, which could cause your tires to blowout. Extreme under-inflation can even unseat the tire from the rim while your vehicle is in motion.

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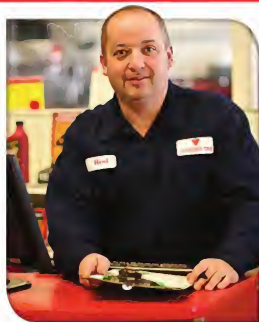
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For more details, visit www.showboattheatre.ca

AGCO

Alcohol and Gaming
Commission of Ontario

Notice of Liquor Licence Application

The following establishment has applied to the Alcohol and Gaming Commission of Ontario for a liquor licence under the *Liquor Licence Act*:

Application for Additional Facilities

WHISKY RUN GOLF CLUB
631 LORRAINE ROAD, RR #1
PORT COLBORNE (Indoor and outdoor area)

Any resident of the municipality may make a written submission as to whether the issuance of the licence is in the public interest having regard to the needs and wishes of the residents. Submissions must be received no later than **August 6, 2013**. Please include your name, address and telephone number. If a petition is submitted to the Commission, please identify the designated contact person. **Note:** The AGCO gives the applicant copies of any objections. Anonymous objections are not considered.

The personal information gathered is collected under the authority of the *Liquor Licence Act*. The principal purpose of the collection is to assess eligibility for the issuance of a liquor sales licence. Copies of all objections are given to the applicant. The information may also be disclosed pursuant to the *Freedom of Information and Protection of Privacy Act*. Questions about this collection should be directed to the Manager, Licensing and Registration, Alcohol and Gaming Commission of Ontario at the address, telephone numbers or e-mail address listed below.

Submissions to be sent to: Licensing and Registration, Alcohol and Gaming Commission of Ontario, 90 Sheppard Avenue East, Suite 200, Toronto, ON M2N 0A4.
Tel: 416-526-8700 OR Toll-free in Ontario: 1-800-522-2876.
Fax: 416-526-5555. E-mail: licensing@agco.on.ca

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Are You Suffering from Chronic Health Ailments?



Grace Ren
R.M.T

headaches, arthritic pain, etc before obtaining relief.

At the Place to Heal clinics, Grace Ren, a Registered Massage Therapist, has offered alternative health options in the Niagara Region for more than 12 years. Hope for recovery is very high with intensive treatments. In her years of practice, Grace has many successful outcomes to share through her targeted treatments:

(1) A man suffered knee pain for many years with every step taken, the pain woke him up at night and he could hardly get out of bed. He was advised to have a knee replacement done. Before deciding on the surgery, he continued his search for pain relief. Through a series of treatments by Grace, his knee pain was significantly reduced, he was able to sleep through the night, get on and off the bed and walk without pain.

(2) A woman suffered migraine headaches that increased in intensity and frequency through the years. After several sessions at the Place to Heal clinic, the symptoms

of headaches subsided and has not reoccurred.

Grace helps treat a wide range of chronic pain such as: **Sciatic pain, Sports injury, Ear ringing, Carpal Tunnel Syndrome, Fibromyalgia, Frozen shoulder, Arthritis pain, Hip pain, TMJ syndrome, Scoliosis pain, Water retention.**

About Place to Heal clinics

Grace operates two Place to Heal clinics: one in Niagara Falls and one in Oakville. She brings more than 23 years' experience to her work, including training in China and in Canada. Her training also includes Craniosacral Therapy and Myofascial Release.

Grace explains that the name of the clinic - Place to Heal, it is intended to help facilitate your body's own natural healing ability to heal the distress that your body's tissues have experienced, and not the intent to manage or master the symptoms.

Grace's training and years of experience have taught her that problems manifest in the soft tissue also affect the working of internal organs and other body systems. This can lead to a wide range of health ailments and further complications. Her treatment goal is to target the source of problems and achieve lasting results through personalized treatments.

Grace has also experienced in helping relieve the symptoms related to **Prostatitis, PMS, Breast pain, Incontinence, Dizziness, Balance disorders, shingle pain, Parkinson's, Asthma,**

Branchitis, Allergies, Sinusitis, Acid reflux, Chronic vomiting, Nausea, Heart irregular beating, Abdominal pain, Bloating, IBS, Anxiety, Depression, Panic attack, Chronic fever, Chronic inflammation.

(3) Example of a man suffered with prostatitis. He came to Place to Heal in 2012, after a number of treatments applying multiple therapies, his swollen prostate quickly subsided, and he can now sit and walk pain free. He has been assessed by an urologist, who confirmed that there is no swelling in his prostate gland and he no longer takes medications.

(4) A woman came to her with big list of symptoms she was experiencing. Such as she was sensitive to the sun, watering eyes, running nose, coughs with phlegm, difficulty breathing, and chest pain. She was given many antibiotics that no longer work for her but with numerous recurrent Sinusitis or Branchitis like symptoms. After several treatments with Grace, she felt her chest open and was able to breathe easier, the pain in her chest, stomach were subsided, cough and phlegm were stopped, her energy had dramatically improved and she can sleep without taking sleeping pills.

Over her 12 years in practice, Grace has helped many people who came to her clinic looking for resolutions. Inquiries are welcome at **905 651-2145** or visit **www.placetoheal.com.**

Article written by Tribune Staff

Place To Heal

**Port Colborne/Wainfleet
905-651-2145**

www.placetoheal.com

**8123 Lundy's Lane Unit 4
Niagara Falls, ON | 905-651-2145**

The Healthy Cupboard

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LeafSource

STOPS PAIN WITHIN DAYS!

"It works! I'll take another two bottles please!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. In fact, the owner of The Healthy Cupboard couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again," said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wits' end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there," Ian goes on. "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but had been completely subsided." By now you are probably

wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking

anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

LOSE THE PAIN

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